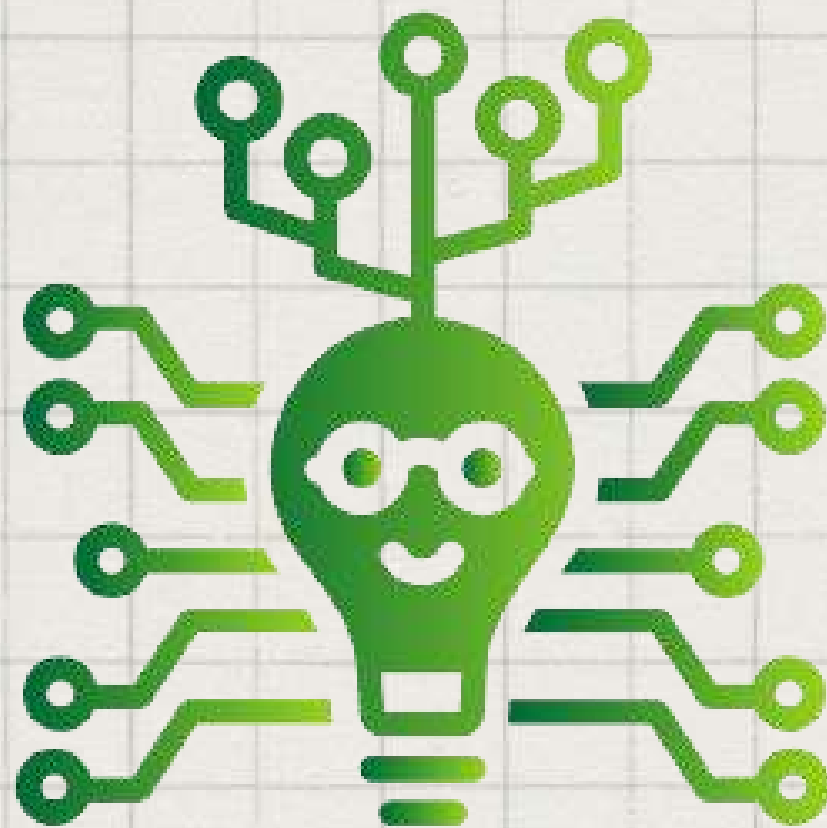


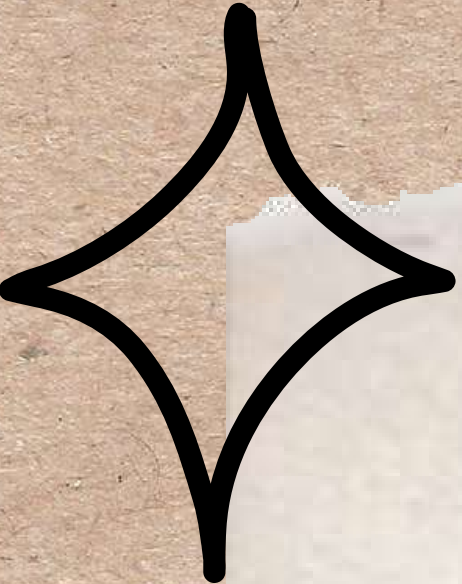


DIGITAL EMOTIONS

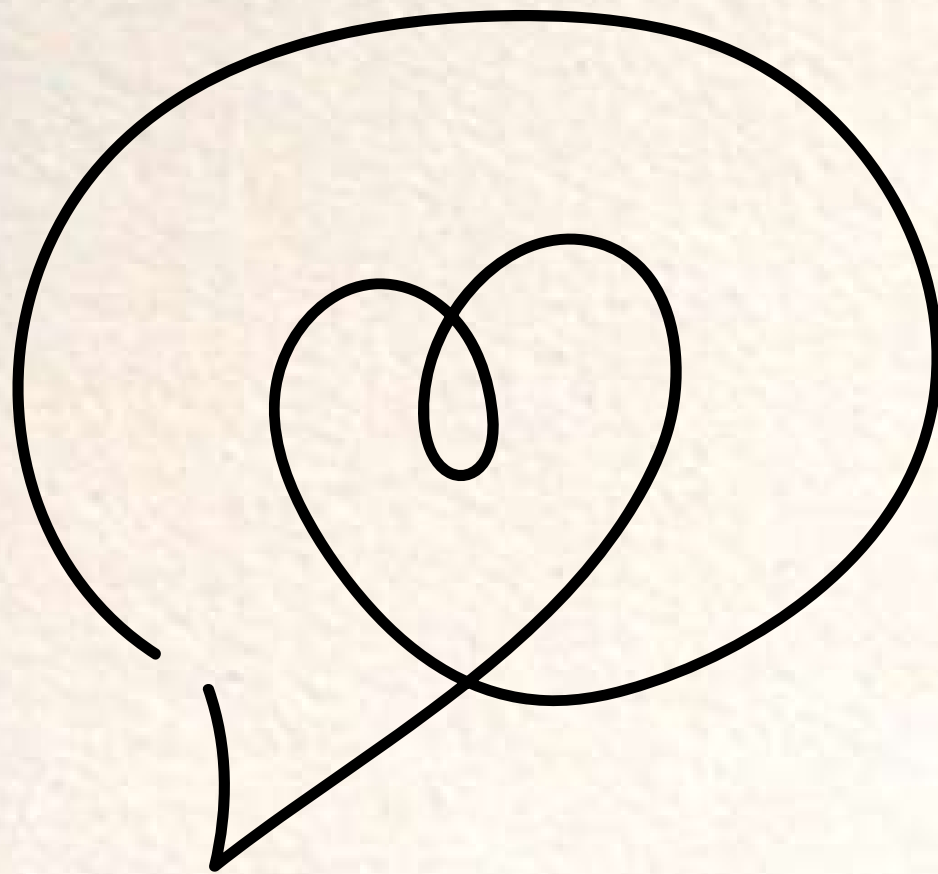
20-28 March 2023

Pákozd, Hungary

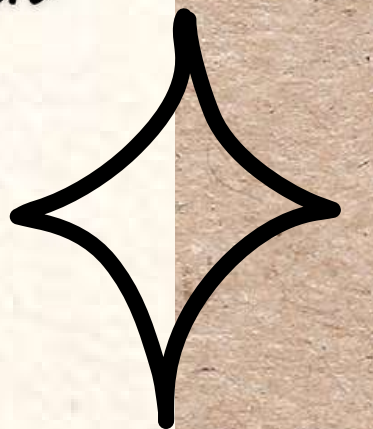
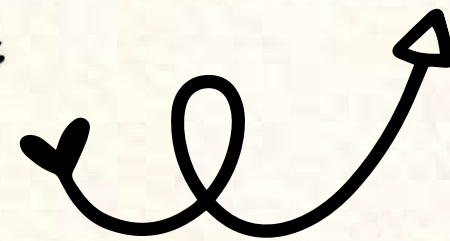
training course



About the project



The goal of this training course is to promote the digital wellbeing of youngsters and youth workers who are open for new learning experiences. We would like to give our participants a chance to enhance their digital skills, emotional well-being and to increase their skills that are necessary and useful in youth work.





OUR TEAM



Ági
*Leader of the
association*



Ricsi
Trainer



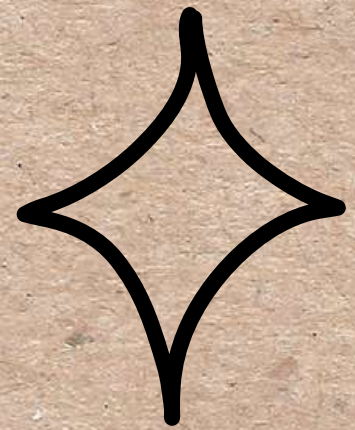
Andi
Trainer



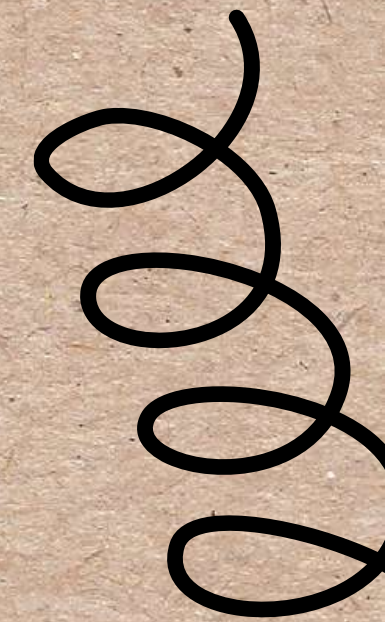
Doggos
Support group



Click Here



PREVIOUS EXPERIENCES



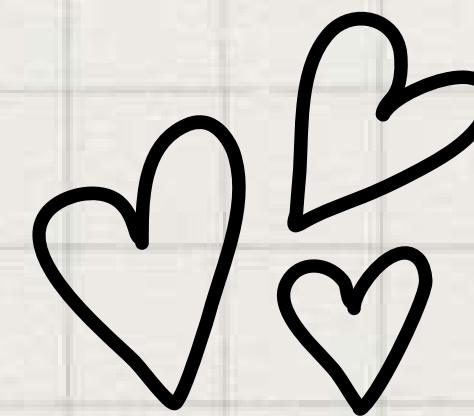
Európa Ifjúsága Egyesület was founded in 2008.

We work with tools of non-formal education. We monitor the development of international youth policy, participate in influencing processes defining domestic youth policy.

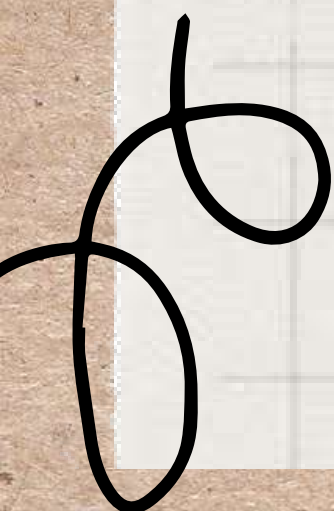
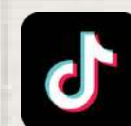




PREVIOUSLY



Find more on



THE TRAINING



Mission

Ever since numerous lockdowns and new social media platforms, it is important to keep track of the effects of increased screen-time. We would like to raise awareness to youngsters' digital habits and its correlation with mental health, body image, social and emotional skills.

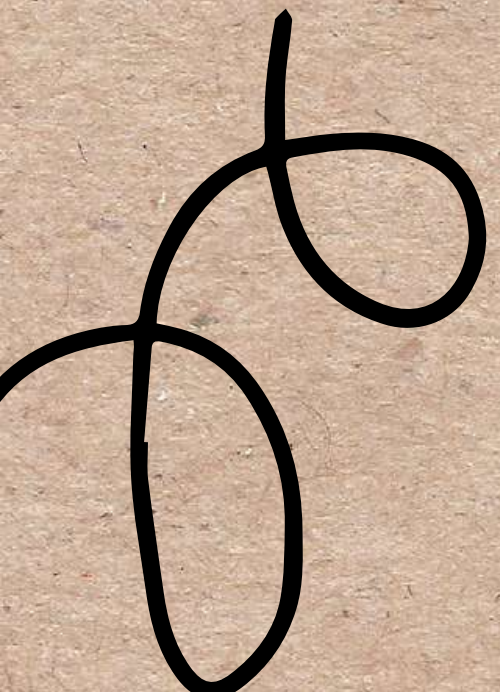
Vision

On this project, participants will have a chance to learn about time-management, active listening and get to know some relaxational techniques to deal with stress. They will have a chance to learn what dopamine detox is, and they will have a chance to widen their horizons in social psychological phenomena as well.



Values

By the end of the project participants will be more aware of their own mental health and emotional well-being, as much as the benefits and downsides of digital tools. They will be richer with some skills such as conflict management and crisis intervention, too.



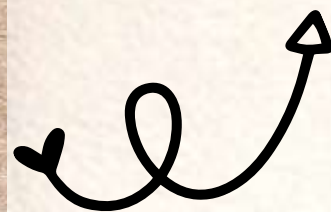
VENUE / ACCOMODATION



Pákozd is situated 50 km from Budapest, in the direction of Lake Balaton, next to the Velencei-tó (Velence lake).

The venue offers many options:
ping-pong, foosball, darts, badminton, volleyball, football, canoeing, garden chess and mill, jacuzzi, sauna. There is WiFi connection available.

There is a room for main activities, alongside with other rooms where participants can spend informal time together.

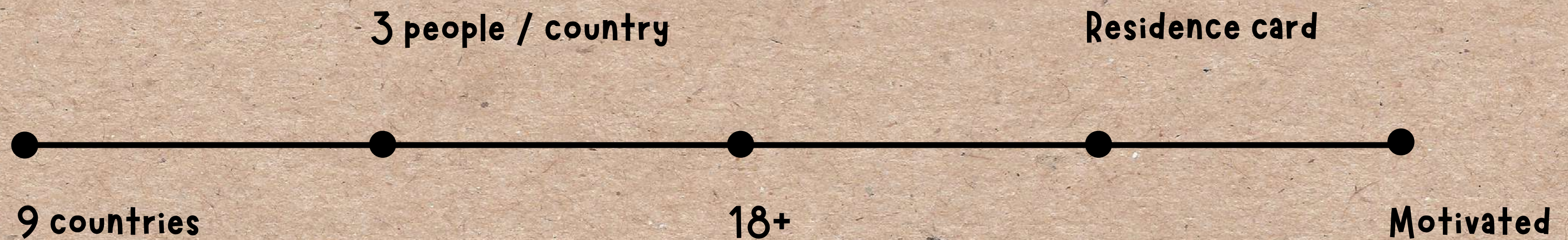


<http://pakozdi-ingoko-vendeghaz.hu/>





PARTICIPANTS





COUNTRIES



Bulgaria



Cyprus



Croatia



Estonia



Greece



Italy



Poland



Spain

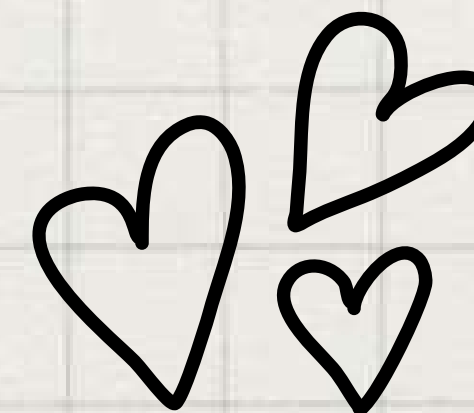


Hungary





DON'T FORGET TO BRING



PERSONAL HYGIENE STUFF

YOUR POSITIVE ENERGY!!

TICKETS FROM BUS, TRAIN,
FERRY (ORIGINAL)

HAIRDRYER IF NEEDED

THE ORIGINAL RECEIPT OF
TRAVEL AGENCY AND THE E-
TICKET WITH THE AMOUNT OF
THE TRAVEL EXPENSES

TOWEL

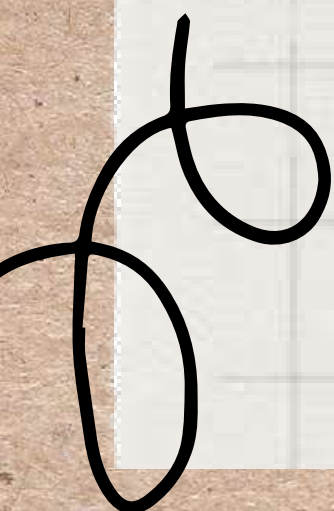
EUROPEAN INSURANCE CARD

MEDICINES YOU MIGHT NEED

SWIMMING SUITS

BOARDING PASSES (ORIGINAL)

COMFORTABLE CLOTHES





BUDAPEST – PÁKOZD

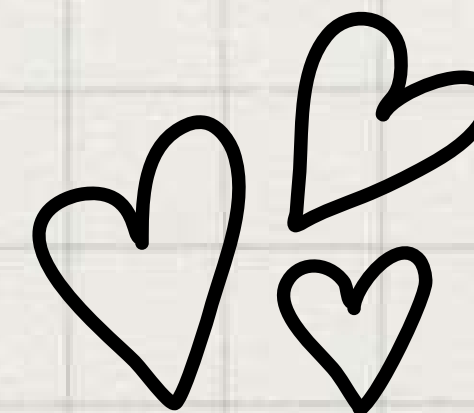
THE ORGANIZER COVERS 100% OF TRAVEL COSTS TO THE VENUE AND BACK BASED ON THE AGREED BUDGET LIMIT FOR EACH COUNTRY. THE REIMBURSEMENTS WILL BE DONE BY BANK TRANSFER. AFTER THE EVENT YOU WILL BE KINDLY ASKED TO POST THE **ORIGINALS BACK TO US**. REIMBURSEMENT OF TRAVEL COSTS WILL ONLY BE DONE UPON FULL ATTENDANCE OF THE ACTIVITIES AND PRESENTATION OF THE **ORIGINAL** TRAVEL TICKETS, BOARDING PASSES, RECEIPTS AND INVOICES.

THE ASSOCIATION WILL RENT A BUS BECAUSE THIS IS THE EASIEST AND LEAST EXPENSIVE AND THE SAFEST WAY TO REACH THE VENUE. THE BUS CAN TRANSPORT THE PARTICIPANTS ON 20 MARCH FROM BUDAPEST TO PÁKOZD, AND 28 MARCH FROM PÁKOZD TO BUDAPEST (WE'LL TALK ABOUT IT EXACTLY WHERE AND WHEN). THIS COSTS AROUND **40 EUROS / PERSON** (TOTAL). THIS AMOUNT WILL BE REDUCTED FROM THE AMOUNT OF THE TRAVEL COST. THEREFORE, IT IS IMPORTANT FOR EVERYONE TO ARRIVE IN TIME ON 20 MARCH. THIS **40 EUROS** IS LESS THAN THE AMOUNT WHAT WOULD YOU NEED IN HUNGARY IF YOU USE PUBLIC TRANSPORT. OTHER TICKETS FROM HUNGARY NOT NECESSARILY NEED TO BE REIMBURSED BECAUSE WE WILL TAKE YOU WITH THE BUS SO YOU WON'T NEED PUBLIC TRANSPORT.





ARRIVAL & DEPARTURE



Participants are required to arrive to Budapest no later than

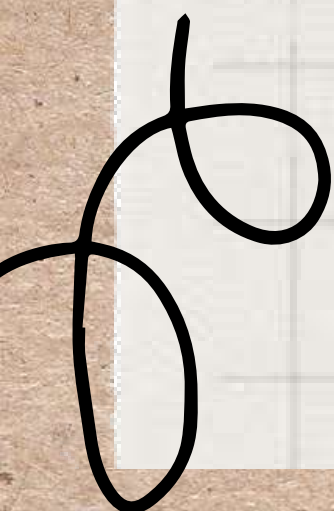
15:00 on 20/03/2023

and depart

no sooner than

14:00 on 28/03/2023

Please, talk with the hosting organization before you buy the tickets!



Any questions?

CONTACT
US

8071 Magyaralmás, Fő utca 47.

HUNGARY

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Tiktok: @europa.ifjusaga

Andi: +36306562663

Ricsi: +36204379199

Ági: +36202221470

